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Toronto metro

Your essential daily news | TUESDAY, MARCH 22, 2016

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'This law is so unfair'

IMMIGRATION

Down syndrome shouldn't factor into citizenship, says advocate

Gilbert Ngabo
Metro | Toronto

The government is discriminating against individuals with Down syndrome by using the condition to block immigration cases, one advocate says.

"There are a lot of people with Down syndrome who are leading normal and very productive lives," said Bhaskar Thiagarajan, president of the Down Syndrome Association of Toronto.

"You can't just shut the door on them like that," he said, noting the association counts more than 700 members, most of whom are "very gifted" in fields like music and theatre.

The association is petitioning the government in support of Felipe Montoya, a York University environmental studies professor from Costa Rica whose family was denied permanent residency status because his 13-year-old son, Nico, has Down syndrome.

Citizenship and Immigration Canada claims Nico functions at the level of a three-year-old and could cost the system between $20,000 and $25,000 a year for special education and treatment support. But the family argues Nico is using the same publicly available resources as their daughter, who has no disability.

It's an issue that hits home for Thiagarajan.

His sister has Down syndrome and leads a normal life in India, where she lives with their father. She has come to Canada on a visitor visa, but the family knows she wouldn't qualify for permanent residency.

Because of that, the family may one day be forced to ask tough questions and make tough decisions. "What happens when my dad passes?" Thiagarajan questioned. "We might have to go back to India to take care of her. This law is so unfair."

Nico Montoya

THE CANADIAN PRESS

Immigration lawyer Julie Bond said the government is strict about qualifications when it comes to illness and disability. Hundreds of applicants with health conditions, including Down syndrome, don't get through the system.

She agrees the laws need to change. But, until then, the Montoyas will face the same fate as others. "If Canada makes an exception for this family, they'll have to make exceptions for so many other people," she said.

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metro NEWS
Your essential daily news

Hindu widows celebrate joyful holiday previously forbidden to them. **World**

Safe but still searching

Many Syrian refugees who've settled in Toronto are still struggling to land jobs and be self-sustaining. A one-day workshop held Monday at Ryerson University looked to help 50 build better profiles and connect with potential employers. Here are some personal job-search stories:

GILBERT NGABO METRO

PHOTOS LIZ BEDDALL/METRO

Wael Alhazzaa

Arrived in Toronto last month from Turkey

Alhazzaa was working as a sales and marketing manager for building materials in the Gulf region. Getting the Canadian working experience is the biggest challenge for him.

"I can close the deal with any construction company, but no one will hire me without experience here," he said. "Even working as a volunteer is not easy."

Sawsan Zaher

Came to Toronto earlier this year after living in Montreal for more than two years

Zaher was a mechanical engineer for the Syrian airline for 13 years.

Aside from language barriers, Toronto was appealing to her because it's a bigger city with a bigger market.

"I really hope to get a job in my field as an engineer and technician," she said.

Marcelle Aleid

Arrived in Toronto in 2014

Aleid, a marketing expert, worked in the film industry as a promoter in Syria and the region for a long time. It's been a challenge to get into the film field here, and she was once told to "stick with my people," she said. "That really hurt. I'm in Canada to expand my scope of work, not to stick with my people." She hopes her international experience will help her land a gig soon.

Khaled Lazakani

Arrived in Toronto in January

A trained pharmacist, Lazakani worked for the International Federation of Red Crescent for six years. The most difficult thing for him is getting his credentials certified here. "I've been told the process can take at least two years," he said. He's open to returning to social work as he waits. "I hope to meet experienced people ... who can show me how to do things the right way."

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PALLIATIVE CARE

Rob Ford continues cancer fight

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," Ford's brother and former city councillor Doug told the Star. "I have been at the hospital for the last five days and nights by his side.

"Rob is a fighter and continues to fight. We are so grateful for all the support for him from all over the world it is incredible!! We want to thank the Doc's and Staff at the hospital they all have been amazing."

Rob Ford CHRIS YOUNG/THE CANADIAN PRESS

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness. By Monday afternoon, more than 6,400 messages of sympathy have been posted to a site set up by his family, GetWellRobFord.com. Ford, who dropped his mayoral reelection campaign in 2014 due to illness and was diagnosed with pleomorphic liposarcoma, was readmitted to hospital last fall after doctors found tumours on his bladder. TORSTAR NEWS SERVICE

T.O.'s congestion down, just a little

TRAFFIC

Decline due to factors outside political efforts says expert

Toronto ranked 64 out of 174 big cities in 38 countries and was the second most congested city among six Canadian centres ranked on the TomTom index. MARCUS STOCK/TORONTO STAR

It was a shift so slight you probably didn't even feel it. Toronto's traffic turmoil abated marginally last year — down by three per cent from 2014, according to the annual traffic index report produced by GPS-technology company TomTom.

But don't thank the politicians touting new transit and stoplight technology. They might have played a minor role but there were bigger factors.

The decline in congestion last year was probably due to a number of factors, including last summer's Pan Am Games traffic mitigation measures and mild weather in November and December, said TomTom CEO Nick Cohn.

"I know there are a lot of efforts in Toronto to improve cycle and public transport options. I'm sure that has some effect. But I think it's a mix. I don't think there's one thing that changes it all," he said.

A slower economy that meant slightly fewer people were commuting to work or doing fewer business or delivery trips could also have been factors, said Cohn.

Toronto ranked 64 out of 174 big cities in 38 countries and was the second most congested city among six Canadian centres ranked on the TomTom index. All six fell slightly on the index from the previous year. In North America, Toronto ranked ninth for congestion, with Mexico City, Los Angeles and San Francisco taking the top three spots and, Vancouver fourth.

28%

How much longer it typically takes Toronto drivers to get where they're going because of traffic, according to an annual traffic index by TomTom.

Toronto had an overall score of 28 per cent, meaning that's how much longer it typically takes Toronto drivers to get where they're going because of traffic. That compares to 57 per cent in Bangkok, Thailand, 44 per cent in Moscow and 33 per cent in New York.

Toronto Mayor John Tory and city transportation officials say they want to work with the kind of data produced by companies such as TomTom. While there is no formal relationship, Cohn said the firm, which makes GPS devices, apps and maps, would welcome such a move.

The Traffic Index is based on how much time traffic adds to the normal speed of an unimpeded trip.

The researchers looked at delays by individual road segments and calculated how much travel time was added to those segments in congested periods compared to free flowing periods.

The worst day to be on the roads in Toronto last year wasn't even a weekday. It was Saturday, Feb. 21 when a sudden snowstorm saw the city's roads seized by collisions.

Like a lot of cities, Toronto experiences its worst commutes on Tuesdays and Thursdays. While Monday can feel like the worst morning of the week for commuters, Cohn says that it's also the day when more people tend to be late to work for reasons that have nothing to do with congestion.

Cohn said the index is really designed to get planners and people thinking about how to make their cities move better.

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Low earners can't afford to fall sick

Emergency room physician Dr. Kate Hayman is working with the Worker's Action Centre to try and help precarious workers who don't have access to sick days. TORSTAR NEWS SERVICE

ONTARIO

About 1.6 M workers not entitled to unpaid sick day

What began as a scrape quickly festered into a hand infection, a wound that would have easily healed if the low-wage Toronto dishwasher didn't have to keep dunking it in dirty water.

But without access to a paid sick day, Dr. Kate Hayman says her patient had no option but to keep working.

Winnie Ma was unable to take care of her dying mother because she could not take sick days. TORSTAR NEWS SERVICE

There are at least 145 countries, including 23 jurisdictions in the United States alone, which give workers the right to be compensated when they're ill.

Meanwhile, under Ontario law, the majority of employees are only entitled to unpaid leave — and an estimated 1.6 million workers in the province aren't entitled to a single, job-protected, unpaid sick day. Critics say that reality is costing patients and the health-care system alike.

"We see so many people after hours with minor complaints who recognize that they could easily see their family physician," said Hayman, a physician in a downtown emergency room. "But they're unable to get time off during regular working hours, either because they have no paid sick leaves or because they're afraid of losing their work."

Under the province's outdated Employment Standards Act, workers are generally entitled to 10 emergency leave days. But that leave is unpaid — and bosses can legally require their employees to provide a sick note, which doctors complain clogs up clinics with cold-ridden patients who could have just recovered at home.

Moreover, small businesses with less than 50 employees don't have to give workers any sick days at all — paid or unpaid — leaving more than a million workers who are often already trapped in low-wage jobs without any protection, according to a recent report by the Workers' Action Centre.

Hayman, who is part of the Decent Work and Health Network funded by a $100,000 grant from the philanthropic Atkinson Foundation, now wants to see other doctors join the effort to link precarious work and poor health — and to lobby for policy change. The Ontario government is already reviewing its employment laws, and is expected to release its interim report on the reform process this spring.

Better sick-day coverage would have helped Winnie Ma, 57, who worked for eight years as a Toronto postal clerk in a small pharmacy. When struck by flu, she had to choose between losing out on her meagre minimum-wage salary and risking passing on her illness to customers. "I lost $200 for three days salary," she said.

Ma said lack of paid emergency leave also meant she struggled to take her aging mother, who was sick with cancer, to hospital checkups.

TORSTAR NEWS SERVICE

TAKING CARE OF SICK WORKERS

Laws for paid sick days are, or will soon be, in place in 23 jurisdictions across the U.S. Here are a few:

San Francisco: Workers earn paid sick days after three months — five days per year in small firms and nine days in larger firms.

Portland, Ore.: Firms with more than six workers get up to five paid sick days.

New York City: Firms with five or more workers get up to five paid sick days.

State of Massachusetts: Employers with more than 11 workers must provide up to five paid sick days.

State of California: Employees get three paid sick days a year, after working for the same employer for 30 days.

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Adhering to the 'waste not' idea

ENVIRONMENT

Stickers remind the community not to add to local landfills

Luke Simcoe
Metro | Toronto

Can you spot the difference? Two Toronto environmentalists are adding "landfill" stickers to municipal garbage bins to remind residents where their trash goes. CONTRIBUTED

Two Toronto environmentalists are using guerrilla signage to remind people to recycle.

Jonathan Silver and Michael Stulberg are printing "landfill" stickers designed to replace the litter signs on city-owned garbage bins. The stickers show an overflowing garbage dump complete with roaming birds.

Even the typeface is similar to the city's official signage.

"It's about closing the experiential gap," Silver said. "Currently, it's hard for people to see the results of their actions. We want to remind them that when they put items into the litter slot, their litter is going to the landfill forever."

The two printed a small run of the stickers last year, but now they're turning to crowdfunding to scale their operation up. They're looking to raise $500 on Indiegogo to print and distribute 1,000 stickers.

Waste diversion continues to be an issue in Toronto, with the municipal landfill expected to reach capacity by 2029. To extend the life of the dump, the city is aiming to divert 70 per cent of local waste.

Currently, only about 50 per cent of Toronto waste is recycled or reused. City spokeswoman Pat Barrett told Metro the city is aware of the stickers but does not support them.

"Putting stickers on the bins is breaking a municipal bylaw," she said. "Placing any poster or sign other than a community poster on public property or in any place other than the permitted kiosks will not be permitted."

Barrett said the city is keen to divert more waste, and is willing to work with community partners provided they uphold the law and use "appropriate images."

Silver said he's not necessarily encouraging people to break city bylaws.

"We're just giving the stickers to people. They can do with them what they wish," he said. "They fit the city's bins, but you could also use them on private bins."

NORFOLK COUNTY

Man arrested with 843 pounds of pot

A Markham man has been charged after the Ontario Provincial Police stopped a truck in Norfolk County Sunday and found approximately 843 pounds of marijuana inside.

According to the OPP, officers were conducting patrols in the area of McDowell Rd. W. around 8:28 a.m. Sunday when a vehicle attracted their attention.

Police stopped and searched the truck. Officers seized approximately 843 lbs of marijuana, which is worth about $405,000.

Markham man Xing Dong, 41, was charged with possession for the purpose of trafficking marijuana. He is scheduled to appear in a Simcoe court at a later date. TORSTAR NEWS SERVICE

Some of the marijuana seized by the OPP from a truck.
TORSTAR NEWS SERVICE

SPRING

Winter art pieces dismantled

After a warm winter it hasn't been so easy to discern the arrival of spring, with temperatures hovering close to freezing.

But it arrived on the calendar, at least, on the weekend, which means time has run out for Toronto's seven Winter Stations. The temporary structures that have dotted the Lake Ontario shoreline from Victoria Park to Woodbine Avenue since Feb. 15 were dismantled Monday.

The installations, which transformed lifeguard stations with interactive art, were chosen via a contest and attracted submissions from around the world.
TORSTAR NEWS SERVICE

An installation is taken down.
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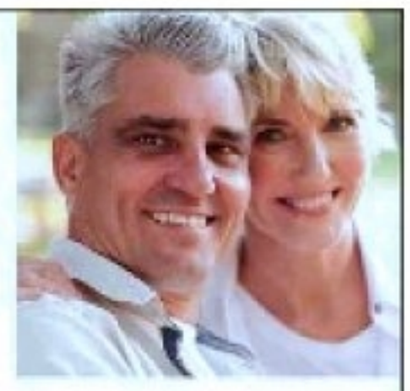

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MURDER CHARGE

Dismembered body found in Markham

A 28-year-old Toronto man has been charged with first-degree murder and indecent interference with a dead body after a man's dismembered corpse was found in a Markham home Sunday.

Toronto police found a man's body in a home under construction at 2 Laureleaf Rd., in the Bayview Ave. and Steeles Ave. E. area, at about 6:30 p.m. Sunday evening.

About half an hour earlier, two men had walked into Toronto police's 42 Division and "basically advised the officers there that a murder had taken place," York Police Const. Andy Pattenden told media Monday.

Several body bags were removed from the home early Monday. Pattenden would not go into details about what investigators found inside, but said it was a "pretty grisly scene, a very challenging scene for a lot of veteran police officers."

One of the two men who walked into 42 Division was arrested in relation to the incident. Toronto's Peizheng Qui, 28, has been charged with first-degree murder and indecent interference with a dead body. Records list a Peizheng Qui as the owner of the house.

The other man who walked into 42 Division is part of the ongoing investigation but has not been arrested, nor is he facing any charges, Pattenden said.

The victim's name is being withheld pending notification of next of kin.

Anyone who may have home security footage from the area or who saw something suspicious on Laureleaf Rd. Sunday evening is asked to contact police at 1-866-876-5423 or to call Crime Stoppers. TORSTAR NEWS SERVICE

CRIME

Romance scams cost province $7.9M

Jessica Smith Cross
Metro | Toronto

The province's police forces got a combined 298 complaints about romance scams last year, 216 of which cost their victims an average of $36,500 each, according to new data from the Ontario Provincial Police.

The OPP estimates, however, that the problem and true cost is much larger because 95 per cent of frauds go unreported.

The numbers aren't surprising to OPP Det. Const. Ted Schendera, who recounted a recent investigation prompted by a woman in northern Ontario.

The woman repeatedly gave money to a man she met via an online dating site after he presented several different stories of why he needed help. Before the woman realized she was being scammed, "it completely wiped out her bank account," Schendera said.

Woman dies after car driven into river

MISSISSAUGA

Attempts made to save her were unsuccessful, police say

A woman in her 70s has died after a vehicle plunged into the south side of the Credit River Monday afternoon.

Peel paramedics transported the woman to the hospital and said that they were "putting all efforts" into treating the victim. Later Monday evening, they reported the victim was to undergo a cardiac bypass procedure to rewarm her body.

But, soon after 10:30 p.m., Peel Police tweeted that the woman had died.

The car, a grey Hyundai, was pulled out of the water around 5:30 p.m., after the police diving team hooked the submerged vehicle to a tow truck parked at Lake Shore Blvd. W., just east of Mississauga Rd.

Peel Police continue to investigate. According to Const. George Tudos, the car entered the water through an open boat ramp where the river's current quickly carried it downstream. Although investigators had a "pretty good idea" of what happened, Tudos added they may not be releasing the details.

Passerby Mike Strizic and another man jumped into the water after seeing the car plunge into the river. Paramedics said they were treated for exposure and given blankets before returning home from the scene.

Peel Paramedics took a woman to hospital for emergency cardiac treatment on Monday after her vehicle drove through a fence and into the Credit River. ANDREW COLLINS/FOR TORSTAR NEWS SERVICE

A witness who saw the two men in the river told Torstar News Service the woman in the vehicle seemed to be "sitting upright" moments before she crashed into the water, and that the men were able to open up the car door but seemed to be struggling with the seatbelt.

Frances Kessler, a bartender at the nearby Snug Harbour restaurant, made the 911 call after she saw the car drive into the water at a "very high speed."

George Whittkey, who has lived in a nearby apartment for two years, said there are life rings on both sides of the river, but that more precautions are needed.

"I've seen kids and people walk on the ice," Whittkey said. "When people aren't using their boats, there should be a barrier here, at least in the winter and off-season."

Tudos, however, said that Credit harbour was a public area, and even barriers such as chains wouldn't have been able to prevent this vehicle from entering the water.

Emergency crews including Peel Police's marine unit, Mississauga Fire and paramedics, as well as ORNGE air ambulance, were called in for the large-scale rescue.

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2667 Eglinton Ave. E, Unit 1
2887 Lawrence Ave. E.
4352 Kingston Rd, Unit 7B
1515 Birchmount Rd.
2852 Ellesmere Rd.

Mississauga
Westwood Mall
High Point Mall
Mississauga Market Place
2550 Hurontario St
7070 Saint Barbara Blvd, Unit 22
20 Dundas St. E., Unit 1

Brampton
Shoppers World
Kennedy Square Mall
252 Queen St. E.
499 Ray Lawson Blvd.
379 Main St. N.

North York
45 Four Winds Dr.

Take a hike, TTC

TRANSPORTATION

Prof adds walk times to map to highlight his own better way

Luke Simcoe
Metro | Toronto

The next time you think about taking a short trip on the TTC, a Queen's University professor wants you to consider walking instead.

"Walking is the most sustainable type of public transportation," says Pavlo Kalyta, who teaches accounting and sustainable economics. "It's great for your health, great for the environment and great for your wallet."

Kalyta has created a map of Toronto's subway system that includes estimated walking times between stations. They vary from three minutes between Queen and Dundas stations to a whopping 43 minute walk between Warden and Kennedy.

Walking from Bloor-Yonge to Union Station — one of the most common trips on the TTC — takes about 35 minutes.

Kalyta told Metro he created the map to help residents and tourists make healthier life choices.

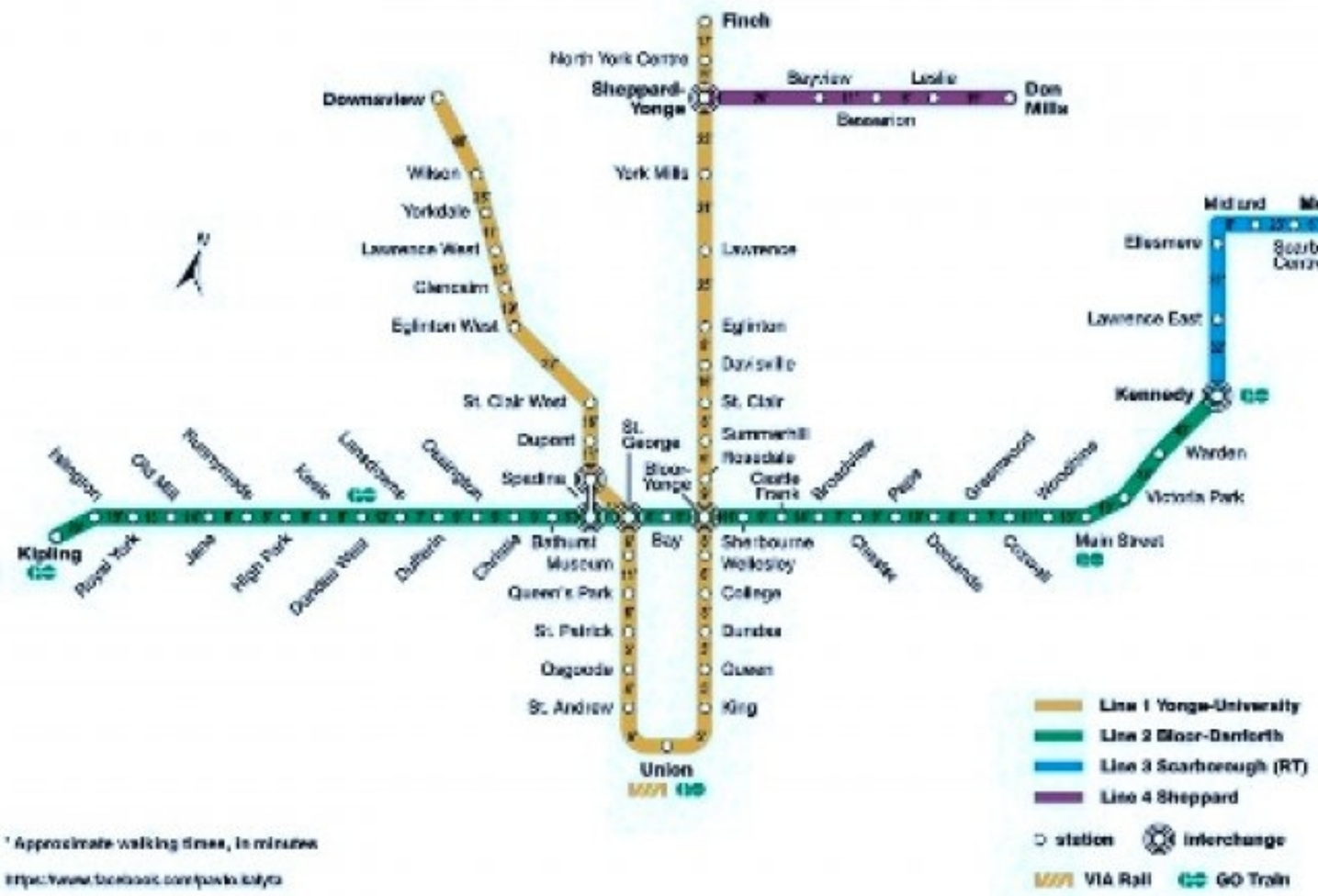
"Instead of rushing to the gym after work to spend time on the treadmill, why not choose to walk between a few subway stations every day?" he said.

Prior to making the TTC map, Kalyta designed a similar one for the Montreal Metro and posted it to Facebook.

"It was really popular," he said. "I was reading all the comments, and transit users were saying it should be part of the official map."

Kalyta believes transit agencies have a role to play in promoting walking, because every transit trip also involves being a pedestrian — even if it's just strolling from your front door to the bus stop.

TTC spokesman Brad Ross said the TTC doesn't plan to add walking times to its official signage. However, he did note the TTC's ride guides already include walking times between stations in the downtown core.



* Approximate walking times, in minutes

https://www.facebook.com/pavlo.kalyta

Union-Pearson Express chief resigns

TRANSPORTATION

Troubled train line barely used until fares slashed

The head of Toronto's troubled airport train service has resigned in the midst of an organizational review examining if the Union Pearson Express should be rolled into GO Transit operations.

On Monday, Kathy Haley, president of UPX, announced she would step down as of March 31, just nine months after the highly touted express train service was launched in June — and flopped with low ridership. Ridership has increased after fares were slashed by half earlier this month.

A spokeswoman of Metrolinx, the provincial transportation agency, confirmed the information but could not comment if Haley would be eligible for any severance package with her resignation. Haley also turned down an interview request from Torstar News Service.

Haley, an alumnus of Dalhousie University, joined Metrolinx in July 2011 to head the $456-million airport train with "pedigree in customer experience transformation," said her UPX biography, including stints at Royal Bank of Canada, Canada Post, Allianz Group AG and Imperial Oil Ltd.

Unfortunately, her previous success did not seem to translate to UPX's riders, who had complained since the train's launch that the fares were out of their reach.

With empty trains running between Union Station and the airport for months, Metrolinx finally slashed the adult fare from $19 to $9 for Presto card holders and from $27.5 to $12 for cash riders. Daily ridership doubled to over 5,000.

Transportation Minister Steven Del Duca would not comment on Haley's departure, citing it is a "personnel matter."

Critics suggested Haley was a casualty of the Liberal government's and Metrolinx' mismanagement. TORSTAR NEWS SERVICE

Kathy Haley
BERNARD WEIL/TORSTAR

Creators of the Fowl Affair take their protest to the stage. CONTRIBUTED

FOWL AFFAIR

Seniors play satire over chicken diet

Gilbert Ngabo
Metro | Toronto

Talk about taking matters in your own hands.

A group of seniors living at Baycrest Health Sciences turned to satirical theatre to air complaints about their diets to the higher-ups.

The problem? Too much chicken on the menu.

"They were getting served chicken all the time," said Dan Yashinsky, director of the Toronto Storytelling Festival who worked as the group's dramaturge. "They'd say today was lemon chicken, yesterday was cranberry chicken and tomorrow will be chicken steaks."

The actors — with an average age of 99 — penned the aptly named Fowl Affair themselves. In the script, they complain about a variety of strange symptoms. One of them, for example, has laid an egg while another has become prone to crowing every morning.

When the 20-minute show premiered two weeks ago at Baycrest, staff members were in the audience. And, the actors got their ultimate wish: There's now less chicken on the menu.

It's proof that "art makes a difference in the real world after all," said Yashinsky.

Another performance is scheduled for Tuesday at Baycrest, and the actors have shown interest in taking the play on a city or provincial tour.

But, Yashinsky's a little concerned that the troupe might not be fully up for the job.

"Some of them have started breaking their hips," he said. "I think this might be the last time they do it."

Still, he's very proud of their accomplishment.

"They are a model of what can happen when you get old," he said.

PREMIER ELITE ATHLETES' COLLEGE

School gets new face

Months of squabbling over the million-dollar sale of a Toronto private school for athletes ended Sunday when the institution was taken over by the Blyth Academy chain.

The move spells the end of Premier Elite Athletes' Collegiate (PEAC), an expensive training school for sports stars that boasted the "best hockey program in North America" and counted the likes of NHL rookie phenom Connor McDavid among its alumni.

Court documents reviewed by Torstar News Service last year suggested the school was in financial trouble. PEAC's founder was petitioning the current owner into bankruptcy, claiming he was owed more than $900,000 for the 2014 purchase of the school. TORSTAR NEWS SERVICE

Car2Go skirts city on parking

metro EXCLUSIVE

Denial of residential privileges does not deter firm

Jessica Smith Cross
Metro | Toronto

A car-sharing company will soon allow members to drop cars in Toronto's residential neighbourhoods — even though it goes against the wishes of city hall.

Car2Go has been asking the city for permission to access residential parking in permit areas for years and even offered to pay for space.

With its latest request denied, the company is planning to move ahead anyway. Effective March 31, Car2Go members will be able to leave vehicles on Toronto's streets where parking is permitted except in metered parking spaces and those otherwise forbidden or restricted by the city — such as near a fire hydrant or in a school zone.

Right now, Car2Go's 46,000 users have to pick up and leave vehicles in Green P lots and few other designated spots around the city. Street parking has been allotted in every other city where the company operates, including Calgary, Vancouver and Montreal.

"It's the way Car2Go was always meant to be, and we're confident that's how car-sharing works best," spokesman Brad Ducey told Metro in advance of Tuesday's planned announcement. "We're thrilled to finally bring the same Car2Go experience to Toronto that members around the world already enjoy."

City councillors voted down Car2Go's last request for residential parking, saying it would take away too many spots from people who have bought a permit or are on the wait list to get one.

By leaving cars on residential streets without permits, Car2Go risks getting tickets for breaking a city bylaw that bans on-street parking for more than three hours at a time. It's a risk the company's willing to take.

"As long as a member abides by our parking rules, they will not be responsible for any parking tickets — we'll take care of that," Ducey said.

137

Number of people in Toronto on the waiting list for a parking permit.

Car2Go will allow its members to park in residential neighbourhoods without parking permits as of March 31. LIZ BEDDALL/METRO

THE DEBATE

Bending the rules

Car2Go's plan adds the company to a growing list of sharing-economy firms willing to bend or break the law in cities that don't embrace the changes they bring.

Sunil Johal, policy director at the University of Toronto's Mowat Centre, said it's something people can expect to see happen more and more.

"Many companies are seeing how Uber has managed to set up its operations outside of a regulatory framework and they're pursuing the same approach," said Johal, who studies the sharing economy. "The question is how quickly the city will be able to provide a flexible regulatory framework that meets the needs of today's citizens, not the citizens of 1980."

> We're likely to see more and more companies act like Car2Go.
>
> Sunil Johal

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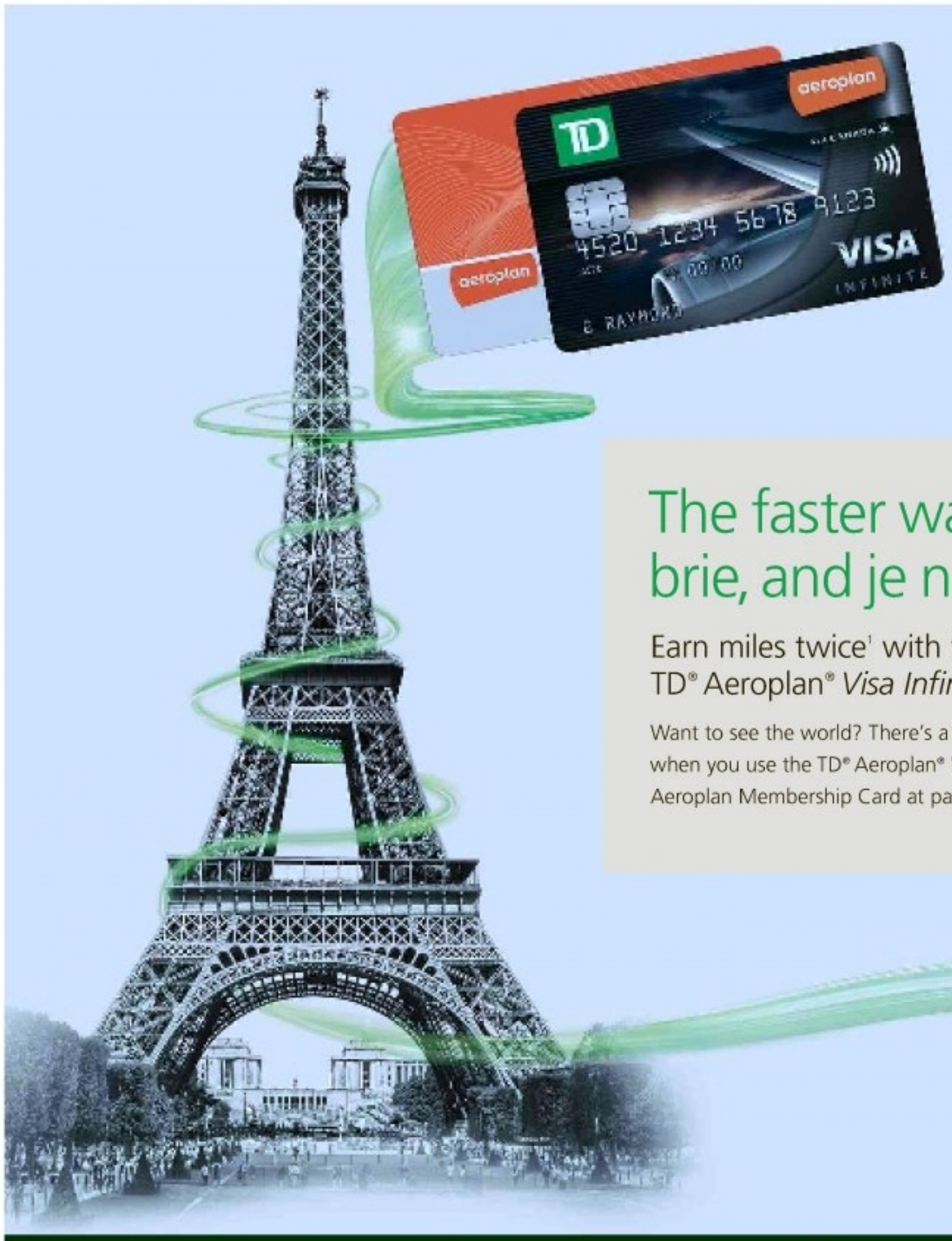

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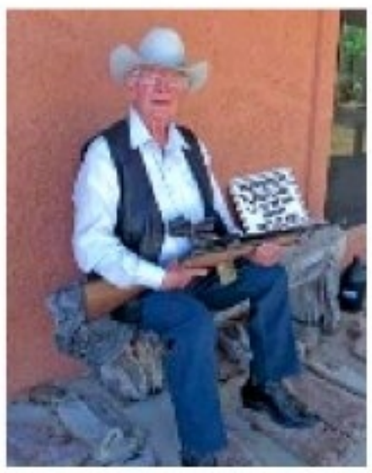
Voters still split on proposed wall

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ######plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:



Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns in case he encounters armed smugglers. BRIAN SKOLOFF/ THE ASSOCIATED PRESS

BACK AGAINST THE WALL

For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

BOTHERED IN BISBEE

Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border.

Drew-Wilkinson opposes Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION

John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said.

THE ASSOCIATED PRESS

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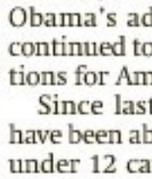
INDIA THE FUTURE IS BRIGHT Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago, this joyful celebration was forbidden for widows.

Like hundreds of thousands of observant Hindu women, they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities. MANISH SWARUP/THE ASSOCIATED PRESS

TRAVEL

Canadians hit Cuba ahead of U.S. tourists



Zane Woodford
Metro | Halifax

As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing there, but there's certainly a sense of wanting to get in before it does," Halifax-based Maritime Travel senior director of marketing Blair Jarrett said Monday.

> **There's certainly a sense of wanting to get in before it does (change).**
> Blair Jarrett, Maritime Travel

While travel to Cuba for tourism reasons is still technically banned, U.S. President Barack Obama's administration has continued to ease up on restrictions for Americans.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious activities, and educational activities.

Before last week, people travelling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriving in droves at the all-inclusive resorts," said Jarrett, though he acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than 1,000,000 annual bookings, but this year, it's been even more popular.

"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.

IN BRIEF

Russia issues U.S. warning after ceasefire violations
Russia on Monday warned the United States that it will start responding unilaterally to ceasefire violations in Syria if the U.S. refuses to co-ordinate rules of engagement against violators. The U.S. State Department insisted that Moscow and Washington were working constructively to monitor the truce. THE ASSOCIATED PRESS

Mild storm hits New England
Many New England residents were relieved that the storm wasn't nearly as bad as first forecast. By noon, the snow had stopped and the sun was out in much of the region. THE ASSOCIATED PRESS

Greece detains hundreds of migrants as EU deal delayed
Greece detained hundreds of refugees and migrants on its islands Monday, as officials in Athens and the European Union conceded a much-heralded agreement to send thousands of asylum-seekers to Turkey is facing delays. THE ASSOCIATED PRESS

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Staging with colourful patio furniture creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space. ISTOCK

Staging with a bit of colour

HOMEOWNERS

Brighten up your home's exterior for extra attention

Lisa Evans

When selling a home, many homeowners understand the importance of staging the interior — removing clutter, painting a neutral colour and adding some fresh flowers to the hall table. But what about the exterior?

"When people drive up to the front of a property, they sense whether a home is going to be a possibility for them," says Carlo Sconza, a real-estate agent with Keller Williams. An inviting exterior makes buyers more receptive to viewing the home and can even lead them to overlook some imperfections inside.

One of the easiest ways to add pizazz to the outside of your home is with colour. Here are a few creative tips to brighten your place and wow potential buyers:

Make the front door pop
Painting the front door a different colour from the rest of the house is not only a great way to add a pop of colour to your home but gives it some personality.

"Adding colour just to the front door is a low-risk way to add character," says Carson Arthur, star of HGTV's Critical Listing. Millennials in particular list character among the top three traits they look for in a home. Benjamin Moore has a line of paints called "Grand Entrance" specifically designed for the front door.

Use colourful planters
Flowers are another quick and easy way to make your home more colourful.

But rather than planting a lot of flowers in the garden, purchase a couple of outdoor planters and put one on each side of the door, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs.

"It brings your eye right to the front door," she says. If you have a porch, hanging planters are also a great way to draw the eye and add a touch of colour to your home.

> **When people drive up to the front of a property, they sense whether a home is going to be a possibility for them**
> Carlo Sconza, real-estate agent with Keller Williams

Accent your outdoor living space
A front porch or back deck is an important selling feature as it adds extra living space to your home.

This area, too, is easy to enliven with colourful accents. Staging with patio furniture or even a small bistro table with two chairs creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space.

Add brightly patterned cushions, a fun tablecloth or a fresh floral bouquet for extra charm. When people can see themselves enjoying the space, they'll be more inclined to purchase the home.

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Selling a home: How to make a first impression

YARD LOVE

Just a little landscaping can add that elusive curb appeal

Lisa Evans

As the first thing potential homebuyers see, the outside of your home makes a big impression. According to a Century 21 study, first impressions can contribute seven to eight per cent to the value of your home. As you prep your home for sale, don't forget to give your yard some love — a little landscaping can make a big difference. Here are some expert tips to get you started:

Clearing the pathway to your front door is a great way to create an inviting entrance. ISTOCK

Show off the home's entrance
Clearing the pathway to your front door is a great way to create an inviting entrance. "People love homes where you can clearly tell where the door is," says outdoor-design and lifestyle expert Carson Arthur. If your home doesn't have a pathway, consider adding one in at low cost.

Clean up the lawn
Remove all evidence of a harsh winter from your front lawn, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs. This means pulling weeds from the lawn and gardens, cleaning the walkway, pruning overgrown shrubs and bushes, and removing any dead plants from your garden. Carson Arthur recommends top-dressing the lawn before putting up the For Sale sign. "A green lawn really attracts people," he says. "It makes your lawn look healthy and well-cared for."

Pare down front gardens
When it comes to planting in the front yard, less is more. A garden overloaded with plants can be intimidating to some buyers, says Arthur.

"People think, 'Oh wow, that's a lot of work, I'm not sure if I'm the right person for that,'" he says. Trimming back the garden, leaving a few plants and adding neutral-toned mulch can make your garden look low-maintenance and attractive to buyers.

A green lawn really attracts people — clean up your yard before putting up the For Sale sign. ISTOCK

"Mulch makes the garden look well cared for and neat and tidy and it doesn't intimidate anybody," says Arthur.

Add lighting
Landscape lighting is a great way to highlight your home's outdoor features during evening showings.

"If you have a beautiful weeping Japanese maple and you light it up, it's gorgeous," says Appel. Porch lights, as well as lights going up your walkway, help illuminate your home's entrance and make it welcoming. Just make sure the bulbs are all working before putting your home up for sale.

Bottled water ban on Montreal's list

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage.

"Bottled water isn't in competition against tap water, it's in competition against other beverages," he said.

The industry wants the city to favour a recycling solution.

ISTOCK

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

More than 80 Canadian towns and cities restrict the use of bottled water, including Montreal. Most involve activities in municipal buildings but in Toronto it extends to parks, facilities and civic centres. Many post-secondary institutions also do the same.

In 2013, Concord, Mass., came out with a bylaw banning the sale of one-litre bottles of water or less in that community and is believed to be the first U.S. community to have done so.

THE CANADIAN PRESS

Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

Apple unveils smaller iPhone

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked $50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6 models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have been offered only on versions of the iPhone 6.

THE ASSOCIATED PRESS

UNLOCK FIGHT

Hearing cancelled
A hearing between the U.S. Federal government and Apple has been cancelled as FBI works with 'outside party' to unlock San Bernardino attacker's iPhone.

MARIJUANA

Alberta liquor stores looking at pot sales

Samantha Power
For Metro | Edmonton

Even before Alberta Finance Minister Joe Ceci jokingly suggested retail pot sales go to liquor stores last week — which he quickly retracted — the Alberta Liquor Store Association says it was asking its members about the idea.

"We started the conversation back last year when the new federal government had a policy of legal marijuana," said Ivonne Martinez, president of the association.

No clear sales model has emerged following legal marijuana in the U.S. But in Alberta, the possibility of a legality change is seeing many prepare.

Martinez said ALSA members are being asked about the idea through a formal survey and direct conversations with store owners, and results should be known at the end of April.

She added her hope is the association will develop a preliminary policy position that reflects member needs, and then to take that position to government.

IN BRIEF

Valeant CEO quitting
Quebec drugmaker Valeant Pharmaceuticals announced a shakeup Monday that will see CEO Michael Pearson leave following setbacks that hammered its reputation and sapped its stock value. THE CANADIAN PRESS

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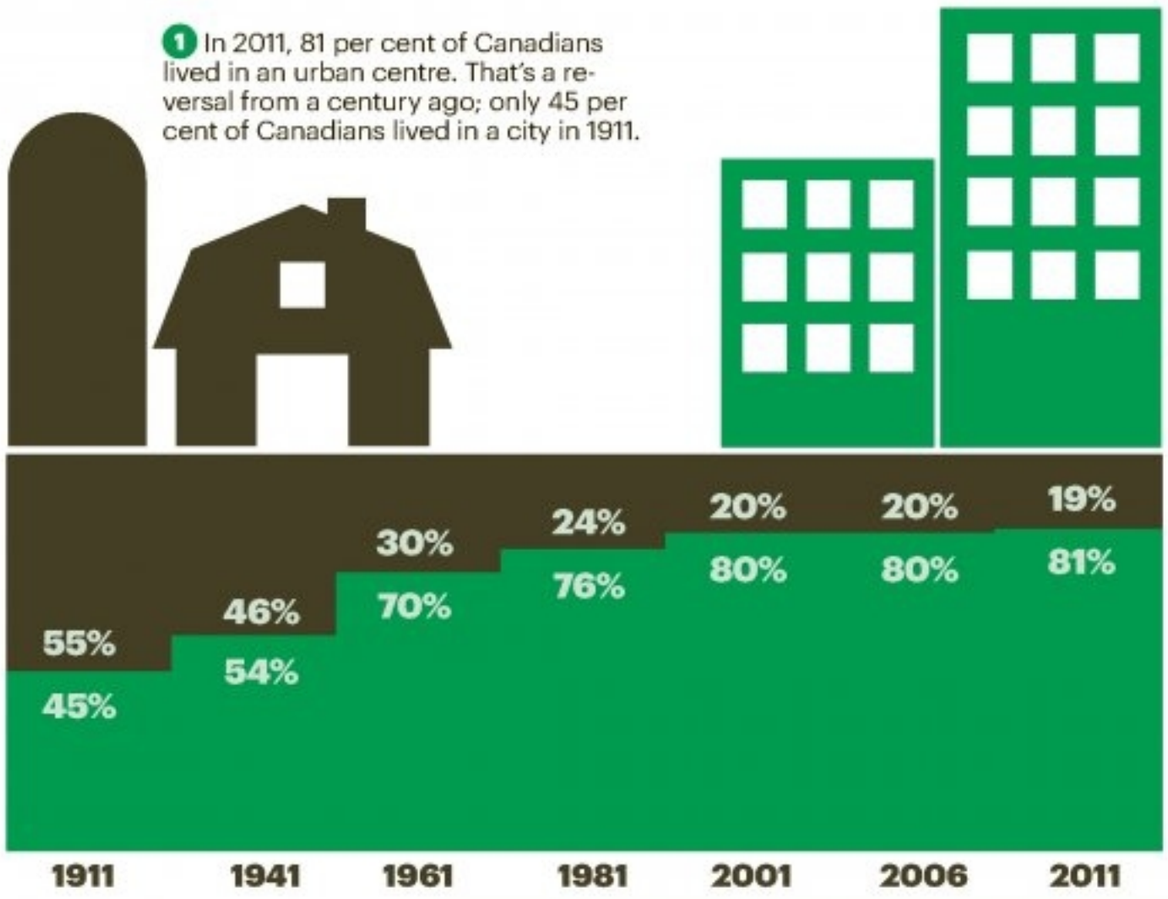
THE 2016 FEDERAL BUDGET

Rise of Canada's cities

Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



1 In 2011, 81 per cent of Canadians lived in an urban centre. That's a reversal from a century ago; only 45 per cent of Canadians lived in a city in 1911.

2 According to 2009 data, 72 per cent of Canada's GDP was produced in urban centres. In fact, over 50 per cent of the GDP can be traced to just six cities: Toronto, Montreal, Vancouver, Edmonton, Calgary and Ottawa.

3 Canada's cities are magnets for newcomers. Nine out of every 10 immigrants coming to Canada reside in a metropolitan area, according to Statistics Canada. The country's three largest cities — Toronto, Montreal and Vancouver — accounted for nearly 63 per cent of all new arrivals between 2006 and 2011.

4 Canadian cities are younger. Data from the 2011 census shows urban areas have a higher proportion of residents under the age of 65 than rural ones.

GRAPHIC BY ANDRES PLANA/METRO

IN BRIEF

Arbitrator slashes owed amounts of 10 senators

A former supreme court justice says some of the flagged expense claims by senators should not have been charged to taxpayers.

Arbitrator Ian Binnie reduced repayment bills for 10 of 14 senators who challenged the auditor general's findings to $131,853 from $276,566.

THE CANADIAN PRESS

REFUGEE RESETTLEMENT

Canada a model for the world: UN

Canada's use of both government and private sponsors to help Syrian refugees resettle is a model that should be exported around the world, the head of the United Nations refugee agency said Monday.

Canada was the first of what's still only a handful of states which allow private groups to take on the costs and obligations associated with refugee resettlement and it's an approach that ought to be tried elsewhere as the flow of displaced people from the Syrian civil war continues, Filippo Grandi said.

"It adds more places for resettlement, but it also contributes to create this sense in civil society that it is a positive thing to do," Grandi said of the private sponsorship program in an interview.

He spoke ahead of a day of meetings with senior government officials, including Immigration Minister John McCallum, who will be a keynote speaker at the UN High Commissioner for Refugees' summit on the Syrian crisis in Geneva next week.

Under the Liberal program to resettle 25,000 Syrians by the end of last month, about 8,976 were privately sponsored and a further 2,225 were sponsored by a program that blends private and government support.

THE CANADIAN PRESS

Syrian refugee children play with playdough during a playgroup organized by Ottawa Community Health Centres to provide early childhood education development services.

JUSTIN TANG/THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Tuesday, March 22, 2016

SHARE THE WEALTH
A 2008 study found people who spend a greater proportion of their income on others are happier.

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**

I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.
ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.' **SUMAIYA NAWAR**, 18, OTTAWA

'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.' **RACHEL LISSNER**, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.' **TAMAR TCHICAYA**, 33, CALGARY

'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.' **CIARA MACKINTOSH**, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'
MARIA MAVROGIANNAKIS, 31, EDMONTON

'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'
PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for

Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a $60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a $1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about $750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to $3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at $10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be double that or more, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a $2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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metro LIFE

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The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Nino on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for $130 on adidas.ca.

But what is women's running? This sends me in a tailspin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Parkdale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson that my discomfort wasn't surprising, since the shoe is really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada.

American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

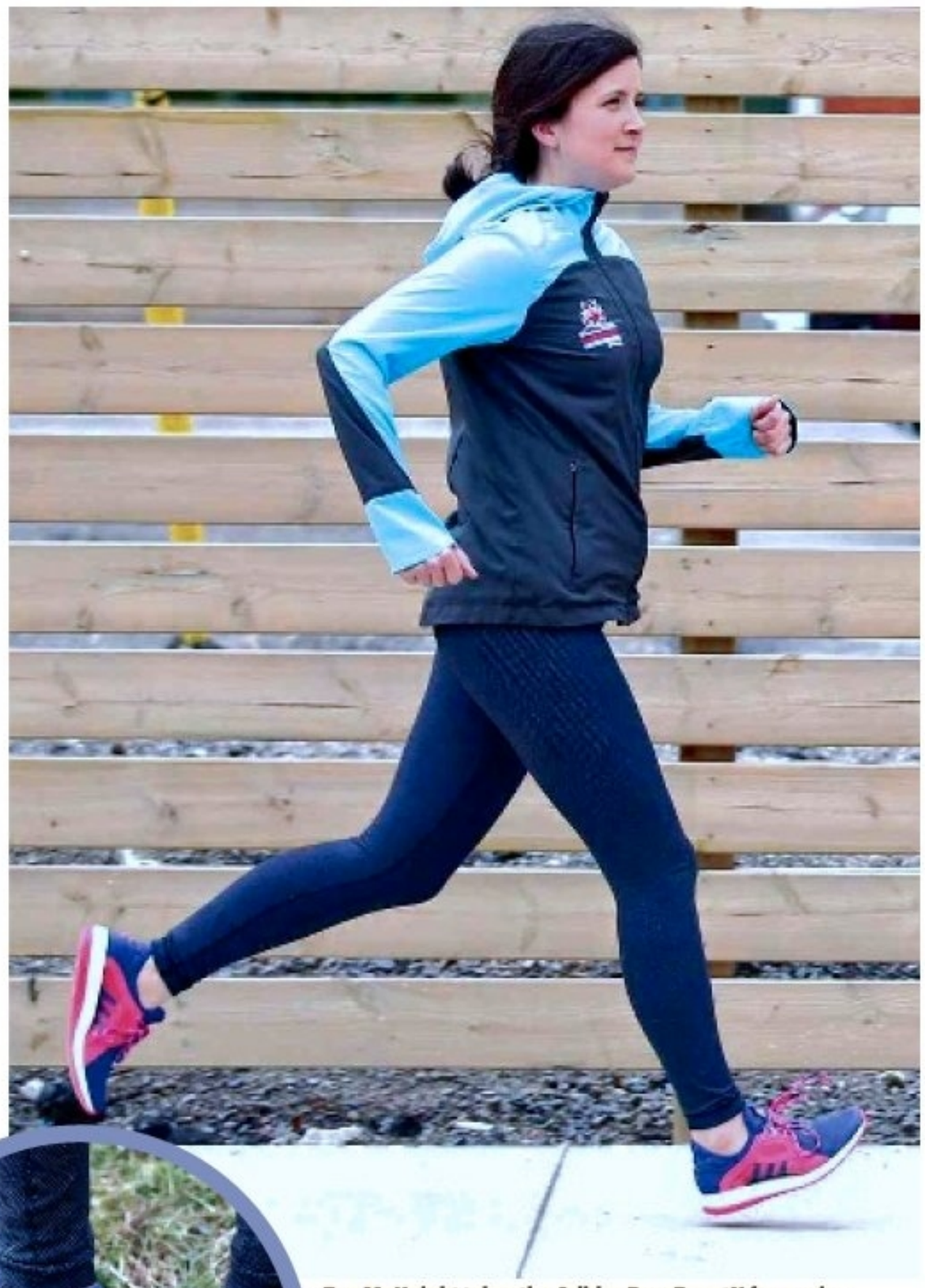
We just want to feel like runners.

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception.

ZOE MCKNIGHT/TORSTAR



Zoe McKnight takes the Adidas PureBoostX for a spin.

TORSTAR NEWS SERVICE

Motherhood for when one is good and ready

REPRODUCTION

Fertility book updated after author uses own expertise

Rachel Lehmann-Haupt starts her memoir with a breakup. She ends it with a baby.

In her newly updated book, In Her Own Sweet Time: Egg Freezing and the New Frontiers of Family, Lehmann-Haupt charts her decade-long journey of researching women's fertility, making decisions about having a baby as a thirty-something single woman and her roller-coaster ride in searching for Mr. Right. The mission sends her to meetings for Single Mothers by Choice, offices of fertility specialists, online for sperm shopping and on operating tables to retrieve her eggs.

Lehmann-Haupt, now 46 and a mom to a 3-1/2-year-old boy, was reached by phone from her home in California.

Rachel Lehmann-Haupt, 46, is seen with her son Alexander. The writer has a book out about women's fertility and reproductive technology. AMANDA MATHESON/CONTRIBUTED

Why did you want to update your book? Why not write a new one?

Mostly because I made a big decision when I turned 40 — I decided to have a baby on my own as a single mom by choice. And the trends In Her Own Sweet Time focuses on just kept intensifying. Every week people would send me articles about the rising age of parenthood, studies about the fact that so many women over the age of 35 are choosing to have children on their own and that single motherhood is becoming a symbol not of instability but of women's economic stability in the new modern family.

In terms of advances in IVF, what have you seen change from 2009 to now?

The really big progress that has been made is that in 2009, egg freezing was still considered experimental technology. The American Society for Reproductive Medicine (ASRM) had the experimental label on it even though it was being offered by endocrinologists in clinics across the country and marketed pretty heavily. In 2012 the ASRM took off the experimental label and said it's a viable reproductive technology.

Where do you think the fertility landscape is going to go from here?

One in eight American couples now experiences infertility or has trouble sustaining a pregnancy. The Centers for Disease Control and Prevention (CDC) put out a report in January saying that the (mean) age of motherhood continues to rise.

The data showed that the percentage of women having their first child between ages 30 and 34 rose to 21 per cent in 2014, up from 16.5 per cent in 2000. The CDC also reported the birth rate for unmarried women has now declined, except among women 35 and older. I think that people are only going to lean more on advanced reproductive technology in the future.

How are things going for you and your son now?

Things are going great. And I'm not just saying that. I think that choosing to have a child on your own is challenging but I have a really good job and I'm a little older and I'm in a much stronger financial position to provide for Alexander.

TORSTAR NEWS SERVICE

FITNESS

Secret to rocking the 'squatty potty'

YuMee Chung
Torstar News Service

Have you heard the news? Squatting is the new black.

It seems the benefits of deep squats are being touted by everyone from yoga teachers to CrossFit coaches to doctors, midwives and birth doulas. This complex movement is said to improve the condition of the pelvic floor, strengthen gluteal muscles, contribute to ankle mobility and enhance core stability.

If squatting is a foreign concept to you, give our supported version a try. All you need is a couple of towels or yoga mats and a desire to reclaim this basic human movement pattern.

The Supported Squat

1. Perch your heels on a tightly rolled towel or yoga mat. The feet will be about shoulder distance apart and facing in the same direction as the kneecaps.
2. Place another rolled towel or yoga mat behind the fold of your knees as you squat down.
3. Maintain a neutral curve in your low back by tilting the pelvis forward and sticking out your backside. By the way, this is the secret to rocking the "squatty potty."
4. Provided your knees are comfortable here, hang out in your supported squat for a minute or two.

As your comfort with this exercise increases, decrease the size of the prop under your heels and behind your knees.

Not all squats are created alike

Recruit your gluteal muscles by keeping your shins vertical when squatting. When your knees overshoot the ankles and the front of the ankle becomes an acute angle, you are asking your quadriceps (the muscles on the front of your upper legs) to do the heavy lifting rather than your glutes. Strong glutes contribute to a better pelvic position and a happier pelvic floor in the long run. In fact, gluteal squats may be one of the most important things you can do for the health of your pelvic floor.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

ISTOCK

Don't expect a free meal and other first date rules

ROMANCE

Be your best the first time you meet

Sofi Papamarko
Torstar News Service

First dates are a lot like job interviews: exciting in theory, horrible in practice. The nerves! The pools of armpit sweat! The stilted conversation! The compulsion to start swiping on Tinder halfway through (don't worry, they won't notice)!

Unless you want to be alone forever, it's impossible to avoid the awkwardness and awfulness of first dates. That said, you certainly can avoid making the date awful for the other person. Here are some tips that will help you be a great first date and avoid becoming an eye-rolling cocktail party anecdote.

Ask questions

Pretty basic, right? Still, you'd be amazed at how many people will prattle on about themselves without asking their companion anything about their own lives. The whole purpose of a date is to get to know another person. How can you do that if you're bragging non-stop about your high school sports achievements? (But hey, congratulations on almost winning the rugby finals in 1998!)

Make eye contact

This is tougher for some people than for others, but making frequent eye contact is essential to creating an early bond with another human being. Your smartphone is indeed fascinating, but do what you can to occasionally meet your date's gaze.

Smell reasonable

Have you showered or bathed at any point in the last 48 hours? How about brushed or flossed? Go do that. Also, don't try to overcompensate for lack of hygienic ritual with perfume/cologne/body spray. If you're wearing enough of the stuff to become The Human Torch or asphyxiate a small yak, you're not probably making an ideal first impression.

Bank emergency conversation starters

Awkward silences happen. Before your date, come up with three or four conversation starters for when things lag. Lighthearted questions, pop culture references and current events are all great ways to resuscitate a conversation. Do not talk about the weather. Never talk about the weather.

Avoid mentioning your ex

The jettisoning of emotional baggage is for Dates 4 through 6.

Listen to what they have to say

Contrary to popular belief, social interaction isn't about waiting for your turn to talk.

Don't talk about your fertility window, openly fantasize about your future wedding and whether or not you'd consider hyphenating your last name/s or what your adorable future babies will look like

Your date will run far, far away — and will be right to do so.

You are not entitled to a free dinner

Or free drinks. Or a free movie. It's always nice when the other person treats, but this is an expensive city and buying dinners and movies and drinks for every new person you meet just isn't financially viable. That said, if you really liked them and you were the one to suggest the date, picking up the tab is a hero move.

Be polite to waitstaff

How people treat waitstaff is a great litmus test for how kind/respectful they are to other people in everyday situations. When someone is rude to the server, I end the date after appetizers. ("Really great meeting you!")

Embrace getting to know someone new

Maybe you're not attracted to them. Whatever! Instead of mentally checking out the second you realize a lifetime of passion isn't in the cards, embrace the opportunity to engage with a person who might have interesting stories to share or who might offer brave new perspectives you've never considered.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at hisofi@gmail.com

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Paula Green, an avid surfer, has spearheaded SurfAble, a non-profit organization that helps people with spinal cord injuries get out into the ocean to surf. JEFF HARPER/METRO

Accessible surfing is making waves

EVENT

Therapist aids those with spinal injuries to ride waves

Yvette d'Entremont
Metro | Halifax

For people who have struggled to come to grips with the phrase 'You'll never walk again,' learning to surf can be a life-altering experience.

Over the past few years occupational therapist Paula Green has dedicated much of her free time working to make that experience a reality for Nova Scotians with spinal cord injuries.

The Lawrencetown resident and mother of three is one of the leading forces behind SurfAble, a non-profit organization that officially formed three months ago.

SurfAble grew out of Green's brainchild event held in 2014 in partnership with Life Rolls On. That California-based organization founded by Jessie Billauer is "dedicated to improving the quality of life for young people affected by spinal cord injury" using action sports.

Green and her husband are avid surfers. She submitted an application to request Billauer's non-profit help stage a Nova Scotia-based surf event for people with spinal cord injuries.

It took a few years to make it happen, but Green and a committee of like-minded people raised $55,000.

Those funds helped make Martinique Beach accessible and brought four people from Life Rolls On to the province to teach the community the skills needed to put on the event.

It also helped them link with sponsors to buy equipment like beach wheelchairs, adaptive surfboards and beach mats.

"I worked on it every single day for a year after we decided we were going to make it happen, but I didn't work alone," Green insisted.

"There was a lot of time that went into it because we were starting from scratch."

The tasks faced by Green and her committee included modifying wetsuits through a medical supply company and working with a local surf shop to modify surfboards with rails and handgrips.

The 2014 event brought 18 surfers and 120 volunteers to Martinique Beach, in addition to many in wheelchairs who came to watch.

For some, it was the first time they'd been able to access a beach since their injury years or decades before.

Green said the happy stories from that day are with her still.

"One volunteer (Alex Chandler) was with surfer Paul Vienneau and at one point he bailed into the water and Alex immediately bolted to grab him out of the water and Paul said 'Step back man. This is the first time I've been in the ocean since my accident. Just let me float here for a minute,'" Green said.

"Alex took a step back and he realized the magnitude of what he was experiencing... After the event, Paul said, 'I'm so happy that this event happened.' He said it wasn't about adaptive surfing, it was just about surfing."

CATCH THE WAVE

The Canadian Surfing Association is looking at establishing a team of athletes who could compete nationally and have approached SurfAble to join them.

The group couldn't host an event in 2015, but now that they've formed as a non-profit, the 2016 SurfAble event is ready to roll on Aug. 20 at Martinique Beach.

"We've had a huge national and international response from the first event. We've had people call us from India who've heard about it," Green said.

"I think it's something that people will plan their vacations around. We're hoping and expecting to have a much larger turnout this year."

Green was also recently contacted by the Canadian Surfing Association about the possibility of establishing a Canadian team of adaptive surfers who could compete internationally.

"That's where I see it going. I hope we can link up with the folks on the Pacific side," she said. "It would be nice if this could be a coast-to-coast thing and the newest Canadian sport, adaptive surfing."

Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

If you want a No. 1 song, you better keep it brief

TRENDS

Track titles are shrinking according to new study

Hello pop stars of the world: we're Sorry if this sounds Rude, but it's become clear Here that long song titles are simply no longer in Style.

A new study by Priceonomics proves that we've entered a brave new era of brevity in pop music, where one-word wonders keep the charts Happy and long-winding tune names Don't often Work.

"The music industry has gotten very precise and they do every little thing at the margins to make the chances of the investment succeeding as high as possible," says Dan Kopf, who authored the study.

Yes, pop music is losing its characters, and a look through history shows it was a long road to such short titles.

Kopf found that single-word titles comprised only 8.8 per cent of Billboard Hot 100 songs in the 1960s, a decade that featured such No. 1s as I Want to Hold Your Hand and (Sittin' On) The Dock of the Bay. That number climbed to 9.7 per cent in the 1970s, 11.1 per cent in the 1980s and 13.2 per cent in the 1990s.

With the turn of the millennium, the brevity movement really found momentum. In the 2000s, 19.9 per cent of charting singles featured a one-word title and, so far this decade, it's an unprecedented 23.2 per cent.

And single-word singles aren't just charting more, they're charting higher. Since 2010, 28 per cent of songs reaching the top 20 had a one-word title.

The age of pithy pop extends beyond just the one-word hits; the average length of a Hot 100 song title has shrunk from 3.76 words in the 1960s to 2.72 this decade.

Kopf figures it's the economy fuelling all this newfound economy. "I believe it's the result of the Internet and the digital age, and the emphasis on the single away from the album," he mused.

The all-time King of Curt is Drake, whose average of 2.47 words per song title renders the perennially ahead-of-the-curve rapper the most succinct star in the 50-year-plus period Kopf examined.

Taylor Swift is just behind him with 2.48 words per title, followed by Justin Bieber (2.53), Rascal Flatts (2.68) and Madonna (2.82).

"Drake is sort of the ultimate modern pop artist, and he seems so aware of what works and what people are looking for in contemporary music," Kopf said.

Well, he has competition in concision from Vancouver garage-punk duo the Pack A.D. (pictured second from right), who produce songs that are fat-free, in both sound and title.

Their last album, 2014's Do Not Engage, averaged 1.6 words per song title, and 2011's Unpersons a mere 1.5 words per title.

"We always take the song titles from the chorus . . . and we've been very guilty of using one or two words on repeat in our choruses," laughed drummer Maya Miller, whose band just released the single So What.

"It's what gets stuck in your head, I guess," she said.

"It seems to me you want it to be short. Usually, it's easier for people to only read one or two words instead of five or six. Maybe you assume no one has time for five or six words."

At the other end of the short-and-sweet spectrum lies Toronto fuzz-folk outfit the Wooden Sky.

Their most recent record, 2014's Let's Be Ready, let its hair down with 4.0 words per song. Singer Gavin Gardiner had never really pondered the issue at any, you know, length.

"Song titles, book titles, or short stories: (long titles) seem to add more gravity or weight," he suggested. "Maybe having a long title makes it feel less disposable. Maybe it makes sense that things are becoming shorter and feeling more disposable."

Still, with a new album in the works, that's not his last word on the subject.

"Maybe I'm just going to have to change my attitude on things," he said with a laugh.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Bad characters break good shows

THE SHOW: Mozart in the Jungle, Season 1, Episode 5 (Shomi)
THE MOMENT: The Crazy Wife

Excitable New York orchestra maestro Rodrigo De Souza (Gael Garcia Bernal) begs his assistant Hailey (Lola Kirke), an oboist, to promise him that "under no circumstances will you allow me to go backstage" after the performance they're about to watch.

Because the violinist is his estranged wife, Anna Maria (Nora Arnezeder).

The curtain parts. A gorgeous blond demon with raccoon eyeliner saws away. The audience applauds. "Shut the f— up!" she shrieks.

Of course, Rodrigo goes backstage. He and Anna Maria veer between catching up ("It's nice for one's technique to practice bowing on a floating ice shelf" in Greenland," she says); arguing ("Does it bring your ego pleasure, making dead music remarkable only for its artifice?" she snarls); and necking. When Hailey interrupts, Anna Maria flies at her.

As Hailey and Rodrigo exit, swearing follows them down the hall. "I told you not to let me go in!" Rodrigo says.

Sigh. Up to now, I'd been high on this series, about the backstage lives of professional musicians. I love seeing their apartments, bed hops, bad habits, freelance jobs (recording soundtracks for slasher films, playing in the pit of rock musicals). Some plot lines teetered on the edge of whimsy, but the terrific direction — by the likes of Paul Weitz and Bart Freundlich — kept it in check.

Until Crazy roared in. Just as a great character can make a series, a disastrous one can break it.

Swear at me all you want, Anna Maria, but please go back to Greenland. Soon.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Nora Arnezeder plays Anna Maria, the estranged violinist wife of Gael Garcia Bernal's Rodrigo in Mozart in the Jungle.
CONTRIBUTED

metro SPORTS

By Thursday, after weeks of cross-country trips, the Rams franchise's move from St. Louis to Los Angeles should be complete

Kiddie Leafs make noise

IN BRIEF

Crosby NHL's star of week
Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Cole Harbour's Crosby had two goals and five assists in four games as the Penguins (40-24-8, 88 points) extended their winning streak to six games. THE CANADIAN PRESS

Simmons to enter draft
LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons, who made his announcement in an interview published Monday by ESPN, says he will soon hire an agent and enter the NBA draft, for which Simmons has been widely projected as a top overall pick.
THE ASSOCIATED PRESS

Rugby star dies at 35
The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack.

Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. He played professionally in England for Rotherham, Doncaster and Coventry.
THE CANADIAN PRESS

NHL

Youngest team Babcock has coached since his junior days

Mike Babcock is getting promising results out of the youngest NHL roster he has ever coached.

Babcock's Maple Leafs dressed 11 players aged 23 and under against the Buffalo Sabres over the weekend and came away with a thorough 4-1 victory. Counting Monday's 5-2 home victory over the Calgary Flames, the Leafs have four wins in their past five games and five in their past seven.

The Leafs were led against Buffalo by 19-year-old William Nylander, who registered the first multi-point game of his NHL career. He then turned in his second multi-pointer against Calgary.

Toronto (63 points), despite its youth and obvious attempts at a roster rebuild, could soon escape the NHL's basement, nearing the likes of Winnipeg (64 points), Edmonton (65), Vancouver (66) and Columbus (66) with three weeks remaining in the regular season.

Babcock's efforts behind the bench have moved the Leafs near the top of the league in puck possession since the trade deadline, when Toronto dealt several veterans for draft picks and promoted young players.

"My favourite coaches have always made the game easier to play, but challenged you personally to do more," said 22-year-old Connor Carrick, who joined the club late last month. "I feel like that's what he does so well. He helps make the game easier for you in having an identity, having a plan."

"He challenges you to be at close to your 100 per cent," Carrick added. "Anything less than that in his eyes isn't acceptable."

Babcock has found some mild success with a Leafs roster that isn't only young, but shifting constantly with 43 different players suiting up this season.

Most of those added recently have little to no NHL experience, including 20-year-old Frederik Gauthier who became the ninth Leaf in a span of three weeks to make his NHL debut, doing so against the Sabres on Saturday.

"Obviously three years from now we don't want to be doing this, but right now this is what we're doing and it's a lot of fun," Babcock said.

The head coach of veteran playoff teams in Detroit for a decade, Babcock hasn't coached a team this young since 2000 when he steered the Spokane Chiefs of the Western Hockey League. His approach with such a youthful group requires extensive explanation and communication.

"He's always talking and always letting you know what he thinks and what you've got to work on and stuff like that," Nylander said. THE CANADIAN PRESS

William Nylander has four goals in 12 games since being called up. CLAUS ANDERSON/GETTY IMAGES

> **Right now this is what we're doing and it's a lot of fun.**
> Maple Leafs head coach Mike Babcock

ANOTHER WIN

Nylander shines in 5-2 beatdown of Flames
The biggest night of William Nylander's young career propelled the Maple Leafs to another victory.

Nylander had the first three-point game of his NHL career, scoring his fourth NHL goal and adding two assists in a 5-2 win over the Calgary Flames on Monday night.

Nylander attempted 12 shots in a confident showing against Calgary.

P.A. Parenteau, Zach Hyman, Colin Greening and Josh Leivo also scored for the Leafs (26-35-11), who have won four of their past five games and five of their past seven outings.

Former Leafs Matt Stajan and Joe Colborne scored for Calgary (31-36-6).
THE CANADIAN PRESS

IN BRIEF

WTA Tour CEO alarmed by criticism of women's game

The former tournament director at Indian Wells who now runs the WTA Tour calls his successor's critical comments about women's tennis players "disappointing and alarming."

Before Sunday's final at the BNP Paribas Open, current tournament director Raymond Moore said that women "ride on the coattails of the men." He later issued a written apology.

Moore's longtime colleague at Indian Wells, Steve Simon, became the WTA's CEO last fall.

THE ASSOCIATED PRESS

PF Davis unlikely for Rio

Anthony Davis virtually ruled out playing for Team USA in this summer's Olympic Games on Monday as he prepared to begin treatment on knee and shoulder injuries that have ended his fourth NBA season early.

Pelicans coach Alvin Gentry said that Davis would sit out New Orleans' final 14 games so he can focus on treating a torn labrum in his left shoulder — which will require surgery — and tendinosis in his left knee.

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Far from business as usual at centre

NBA

Raptors' deal for Biyombo turning out to be a steal

Raptors centre Bismack Biyombo blocks Magic forward Aaron Gordon on Sunday afternoon. MARK BLINCH/THE CANADIAN PRESS

Bismack Biyombo spent four uneventful, if not disappointing, years with the Charlotte Hornets before signing with the Toronto Raptors last summer.

It was a signing that made few waves across the league at the time. Biyombo's name was one that slipped through many free agency previews as the Hornets didn't match the Raptors' qualifying offer of a two-year, $6-million deal. SB Nation ranked him the 58th-most valuable potential signee at the time, saying, "At least he's still young ... we think."

Sixty-nine games later, the 23-year-old centre has launched his career. His numbers — 5.6 points, 8.3 rebounds and 1.7 blocks per game — are slightly better than his career averages (4.6, 6.5 and 1.6, respectively) but it's the glimpses he has shown as a starter that could have him in line for a big payday should he exercise the player option on his two-year deal.

With Jonas Valanciunas sidelined by two separate hand injuries this year, Biyombo has started 22 games. He has had his best moments as a starter, including last week's franchise-record 25-rebound effort in an overtime win against Indiana.

Biyombo is averaging 10 points, 13.2 rebounds and 3.6 blocks in 30.6 minutes per game since Valanciunas was hurt last Monday against Chicago. There was buzz around Biyombo holding onto the starter's job the first time Valanciunas was injured earlier this season, but it's gotten much louder over these last five games, where the Raptors have gone 4-1.

That buzz could be misdirected, though. Biyombo and Valanciunas are a yin-yang at centre, each player's strengths making up for the other's weaknesses. It likely won't last beyond this season, as some team will throw money at Biyombo for his services, but the Raptors have an excellent tandem in the middle at present.

TORSTAR NEWS SERVICE

LOWRY POW

Kyle Lowry was named Eastern Conference player of the week by the NBA on Monday. Bismack Biyombo was a nominee for the weekly award.

It's the second time this season Lowry has won the award.

He averaged 27.2 points and led the NBA in fourth-quarter scoring with 10.8 points. He also averaged 6.8 assists, 6.4 rebounds, 2.2 steals and shot .471 (16-for-34) from three-point range.

THE CANADIAN PRESS

Jays play it cool with sluggers' contracts

MLB

President says financial flexibility must be weighed

Jose Bautista already told the Toronto Blue Jays what it'll take to keep him. Edwin Encarnacion doesn't think he'll be back next year.

It's too early for the defending AL East champions to worry about losing their biggest sluggers. Then again, letting Bautista and Encarnacion walk — after a season the organization and its fans hope ends with a World Series title — could have a positive impact on Toronto's future.

"If you deduct that from the payroll and you're still a contending team, you're going to add back players that offset (the loss) and obviously you get draft picks," Blue Jays President Mark Shapiro said Sunday. "Those aren't things we're thinking about now. We're thinking about these great players, wanting to keep them and wanting to win with them. But it doesn't take a lot of science or math to figure what the implications would be."

> **We're thinking about these great players.**
> Jays president Mark Shapiro

Bautista, a six-time All-Star, made it clear when he arrived for spring training that he wants a significant raise. Something like $150 million over five years might be his goal. The 35-year-old right fielder will make $14 million this season in the final year of his contract.

The 33-year-old Encarnacion will earn $10 million this season and he told the Toronto Sun he doesn't think he figures into the team's future plans. Encarnacion, a two-time All-Star first baseman/designated hitter, has not appeared in an exhibition game as he recovers from a strained oblique.

"They've earned that right," Shapiro said about players discussing their contracts in public. "That's their prerogative. I just have had enough experience to recognize that the back and forth in that forum doesn't accomplish anything."

Shapiro spent 24 years with the Cleveland Indians and was a two-time executive of the year before joining the Blue Jays at the end of last season.

Health will be a big factor in the team's decision to pursue contracts with both players. Bautista, who takes pride in staying fit, hasn't been on the disabled list since 2013. He's played at least 149 games four times in the past six years.

Encarnacion has dealt with several injuries over the years, but he's averaged 38 homers and 106 RBIs since 2012.

"Every player needs to be looked at on an individual basis," Shapiro said. "You can't look at any one decision in isolation. Players age … it's only a question of what level they're going to decline from and in this case, we're talking about players at the most elite levels of the game."

The Jays are in better position than most teams to overcome losing star players because they also have AL MVP Josh Donaldson and five-time All-Star Troy Tulowitzki in their potent lineup. Donaldson can't become a free agent until 2019 and Tulowitzki is signed through 2020. THE ASSOCIATED PRESS

Jose Bautista and Edwin Encarnacion hit 40 and 39 homers respectively last season. THE ASSOCIATED PRESS

POLITICS

MLB, Obama bring hope to Cuban ball

When U.S. President Barack Obama watches the Tampa Bay Rays play Cuba's national team Tuesday, it will come at the deepest moment of crisis in more than 50 years for the island's famed state-run baseball league.

A flood of high-profile defections to the U.S. has gutted Cuba's teams. Stadiums and fields are run down and experts and fans say quality of play is too. Now authorities are considering once-unimaginable changes to save the socialist country's national game — reforms partly prompted by Obama's detente.

Major League Baseball is in talks with both nations' governments on a potential deal that could make it easier for Cuban ballplayers to play in the United States without having to sneak away at international tournaments or risk high-seas defections with human smugglers. THE ASSOCIATED PRESS

Don't bounce it … just get it there. Worst comes to worst, throw it over their heads.

Boston pitcher David Price's advice to Barack Obama should the U.S. president be called upon to throw the first pitch at Tuesday's game between the Tampa Bay Rays and the Cuban national team in Havana.

DIVIDING THE DOLLARS

MLB teams steeply increased money spent on young players last year, when several Cuban prospects got big-money deals. Still, the overall percentage of revenue devoted to players has remained relatively stable for a decade.

Financial data released by MLB to The Associated Press showed big leaguers' share of net revenue was between 48.5 per cent and 51.7 per cent each year since 2006.

Dollars spent on amateur players and minor leaguers rose by 29 per cent last year — four times the increase in big league compensation. Counting signing bonuses for amateurs and minor league salaries, revenue devoted to players has ranged from 53.7 per cent in 2012 to 57.5 per cent last year.

MLB said net revenue rose from $7.16 billion in 2013 to $7.79 billion in 2014 to $8.15 billion last year. THE ASSOCIATED PRESS

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RECIPE Tomato Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's just get this out of the way: yes, it's a lot of garlic, Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in
Prep time: 5 minutes
Cook time: 1 hour 20 minutes

Ingredients
- 8 plum tomatoes, halved
- 6 cloves garlic, peeled
- 3 Tbsps olive oil
- sprinkle of sea salt
- pinch of pepper
- 3 Tbsps butter, divided
- 1/2 cup of chopped sweet onion
- 4 cups vegetable broth
- 2 tsps fresh rosemary
- 1 Tbsp spelt flour

Directions

1. Preheat oven to 400. In a large baking dish, arrange tomatoes and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

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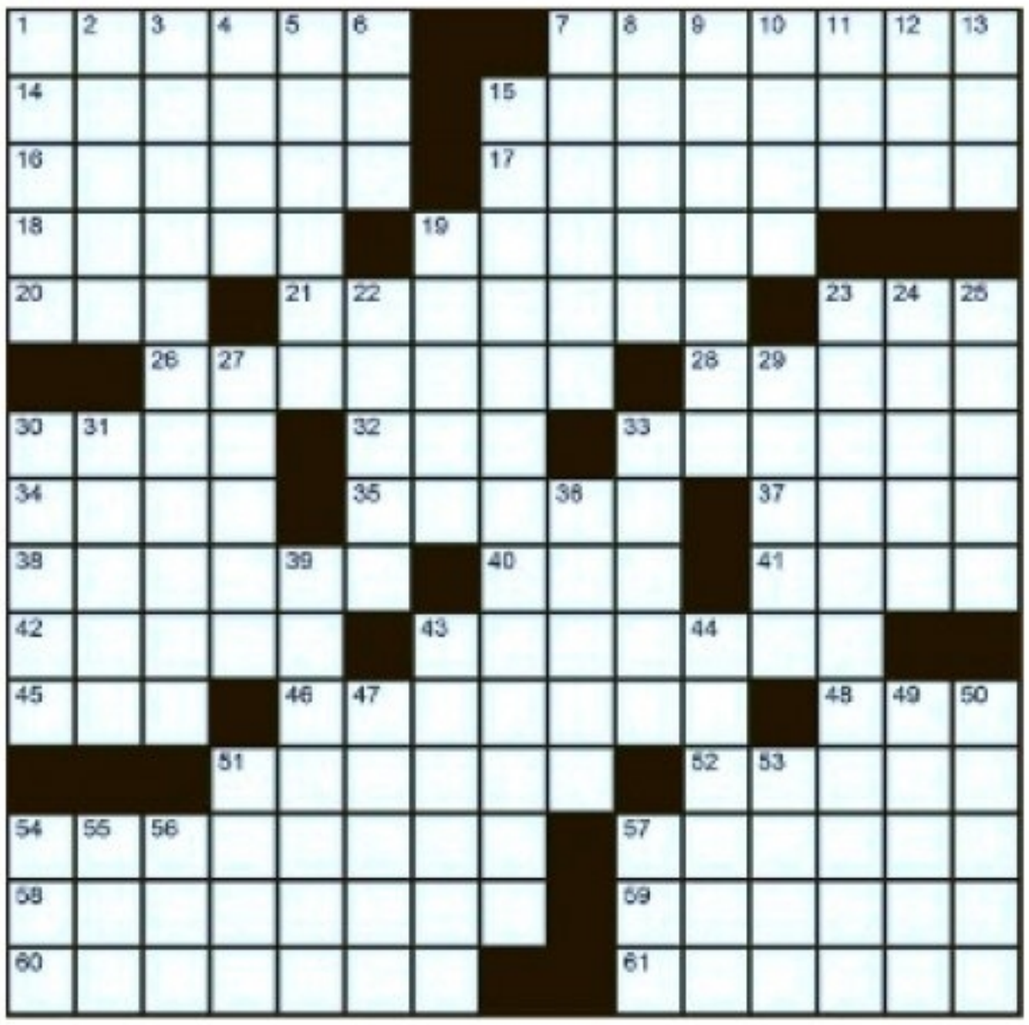
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alcove
7. "But of course!" in Paris: 2 mots
14. Above, in Montreal: 2 mots
15. Swordplays
16. Expresses
17. Adze, for one: 2 wds.
18. Retro toy, with Sketch: 2 wds.
19. Lawyer documents
20. Pastureland
21. Ontario/New York border river
23. "Heartland" network
26. Phil Collins band
28. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
30. Math subj.
32. Try
33. Full-scale
34. 'Import' suffix
35. Celebrate
37. Ron Howard role
38. Loan shark
40. Opposite WSW
41. Soaks flax
42. 43rd President Bush's nickname
43. Outfitted, knight-style [var. sp.]: 2 wds.
45. Y-ending word's plural suffix
46. Oranges brand
48. But, Latin-style
51. Mix the mixture more
52. San _, California
54. Group of Seven member: initials + surname
57. Agreement
58. Quebec: City situated on Lac Saint-Jean
59. Bug variety
60. Mr. Brule (17th-century explorer/interpreter in New France)
61. _ Creek, Ontario

DOWN
1. Party hearty
2. WWW memo
3. The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.
4. Apiece
5. Sitcom role for Betty (More at #44-Down): 2 wds.
6. Li'l roads
7. The _ (Belonging to news coverage providers)
8. Wrath
9. Glacier's frozen cascade
10. Doesn't stand
11. Yoko _
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best _ _ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. 'The gold' in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli _
53. 'Height'-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces
Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4			5			2		7
		5		9				
	7				8			3
5						3		
	8						7	
		6						1
3			4				5	
				6		8		
7		8			9			2

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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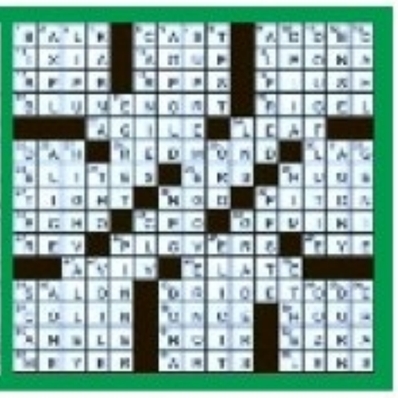
5	9	7	2	4	1	6	3	8
6	4	8	3	7	9	1	5	2
3	2	1	5	6	8	4	7	9
1	5	6	7	2	3	8	9	4
2	7	4	8	9	6	5	1	3
8	3	9	4	1	5	2	6	7
4	6	5	9	8	7	3	2	1
7	8	3	1	5	2	9	4	6
9	1	2	6	3	4	7	8	5



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Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd
Cambridge Center

COBOURG
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St

GUELPH
5 Clair Rd. West
Stone Road Mall

LINDSAY
229 Kent St
Whitney Town Centre

MAPLE
Rutherford Market Place

MARKHAM
7357 Woodbine Ave
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St E.

MISSISSAUGA
980 Eglinton Ave E.
Creekside Crossing
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Fairview Mall
Lawrence Square
North York Sheridan Mall
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Oakville Place

ORANGEVILLE
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Oshawa Sobeys Plaza

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